

Fried Crisps - Fat Content			
Brand	Product	Fat/100g	Fat/20g
Walker's	Ready Salted Crisps	31.9	6.4
Walker's	Cheese & Onion Crisps	30.6	6.1
Walker's	Salt & Vinegar Crisps	30.5	6.1
Walker's	Prawn Cocktail Crisps	30.5	6.1
Walker's	Beef & Onion Crisps	30.5	6.1
Walker's	Marmite Crisps	30.5	6.1
Walker's	Roast Chicken Crisps	30.5	6.1
Walker's	Smoky Bacon Crisps	30.5	6.1
Walker's	Worcester Sauce Crisps	30.5	6.1
Walker's	Pickled Onion Crisps	30.5	6.1
Walker's	Tomato Ketchup Crisps	30.4	6.1
Walker's	Salt & Shake - Original Crisps	32.3	6.5
Walker's	Quavers	30.8	6.2
Walker's	Wotsits	33.0	6.6
Walker's	Squares Cheese & Onion Crisps	18.0	3.6
Walker's	Sqaures Salt & Vinegar Crisps	18.0	3.6
Walker's	Sensations Thai Sweet Chilli Crisps	24.7	4.9
Walker's	Sensations Roasted Chicken & Thyme Crisps	26.4	5.3
Walker's	Sensations Onion & Balsamic Vinegar Crisps	26.2	5.2
Walker's	Sensations Vintage Cheddar & Onion Crisps	25.0	5.0
Walker's	Sensations Caribbean Jerk Chicken Crisps	24.8	5.0
Walker's	Sensations Wasabi & Ginger Crisps	24.6	4.9
Walker's	Baked Cheese & Onion Crisps	13.6	2.7
Walker's	Baked Ready Salted Crisps	13.5	2.7
Walker's	Baked Chicken & Thyme Crisps	13.5	2.7
Walker's	Baked Sour Cream & Chive Crisps	14.0	2.8
Walker's	Baked Salt & Vinegar Crisps	13.4	2.7
Walker's	Sunbites Sweet Chilli Crisps	21.5	4.3
Walker's	Sunbites Sour Cream & Pepper Crisps	21.7	4.3
Walker's	Sunbites Cheddar & Carmelised Onion Crisps	21.5	4.3
Walker's	Sunbites Barbeque Multigrain Crisps	21.0	4.2
Walker's	Sunbites Lightly Sea Salted Crisps	21.6	4.3
Walker's	Sunbites Sundried Tomato & Mozzarella Crisps	21.0	4.2
Walker's	Sunbites Sweet Chilli Multigrain Crisps	21.5	4.3
Walker's	French Fries Ready Salted Crisps	16.0	3.2
Walker's	French Fries Worcester Sauce Crisps	16.8	3.4
Walker's	French Fries Salt & Vinegar Crisps	16.0	3.2
Walker's	Mediterranean Lightly Salted Crisps	33.5	6.7
Walker's	Mediterranean Cracked Mixed Pepper Crisps	32.3	6.5
Walker's	Poppables BBQ Ribs Crisps	26.0	5.2
Walker's	Poppables Cheddar Cheese Crisps	26.0	5.2
Walker's	Poppables Sweet Chilli Crisps	26.0	5.2
Walker's	Max Strong Chilli & Lime Crisps	32.9	6.6
Walker's	Max Strong Hot Chicken Wings Crisps	33.0	6.6
Walker's	Max Strong Jalapeno & Cheese Crisps	33.0	6.6
Walker's	Bugles Cheese Crisps	29.3	5.9
Walker's	Bugles Southern Style BBQ Crisps	30.0	6.0
Walker's	Bugles Sour Cream & Black Pepper Crisps	30.0	6.0
Walker's	Crinkles Salt & Vinegar Crisps	33.2	6.6
Walker's	Crinkles Salted Crisps	34.8	7.0
Walker's	Crinkles Cheese & Onion Crisps	33.3	6.7
Walker's	Crinkles Sour Cream & Onion Crisps	33.7	6.7
Walker's	Max Paprika Crisps	32.6	6.5
Walker's	Max Flamin' Hot Crisps	32.8	6.6
Walker's	Max Cheese & Onion Crisps	32.9	6.6
Golden Wonder	Salt & Vinegar Crisps	31.8	6.4
Golden Wonder	Sausage & Tomato Crisps	31.5	6.3
Golden Wonder	Cheese & Onion Crisps	31.9	6.4
Golden Wonder	Prawn Cocktail Crisps	31.6	6.3
Golden Wonder	Ready Salted Crisps	33.3	6.7
Golden Wonder	Smoky Bacon Crisps	31.5	6.3
Golden Wonder	Tomato Ketchup Crisps	31.5	6.3
Golden Wonder	Spring Onion Crisps	31.7	6.3
Golden Wonder	Pickled Onion Crisps	31.2	6.2

Golden Wonder	Tangy Toms Crisps	25.9	5.2
Golden Wonder	Awesome Oinks Crisps	28.1	5.6
Golden Wonder	Spicy Bikers Crisps	21.3	4.3
Golden Wonder	Transform-a-Snack Beef Crisps	25.7	5.1
Golden Wonder	Transform-a-Snack Cheese Crisps	27.5	5.5
Golden Wonder	Transform-a-Snack Cheese & Onion Crisps	30.8	6.2
Golden Wonder	Transform-a-Snack Flamin' Hot Chilli Crisps	23.9	4.8
Golden Wonder	Transform-a-Snack Saucy BBQ Crisps	25.9	5.2
Golden Wonder	Transform-a-Snack Spicy Crisps	25.7	5.1
Golden Wonder	Chippies Chips Shop Curry Crisps	28.4	5.7
Golden Wonder	Chippies Slat & Vinegar Crisps	28.0	5.6
Golden Wonder	Chippies Ready Salted Crisps	29.7	5.9
Golden Wonder	Ringos Sour Cream & Onion Crisps	23.9	4.8
Golden Wonder	Ringos Salt & Vinegar Crisps	23.1	4.6
Golden Wonder	Ringos Cheese & Onion Crisps	23.9	4.8
Golden Wonder	Ringos Roast Beef Crisps	23.4	4.7
Golden Wonder	Saucers Sour Cream & Onion Crisps	36.4	7.3
Golden Wonder	Saucers Barbecue Crisps	35.9	7.2
Golden Wonder	Quarter Backs Sticky Rib Crisps	27.4	5.5
Golden Wonder	Quarter Backs Cheeseburger Crisps	30.2	6.0
Golden Wonder	Rough Cuts Bang Bang Spicy Thai Crisps	28.0	5.6
Golden Wonder	Rough Cuts Chargrilled Steak Crisps	26.6	5.3
Golden Wonder	Rough Cuts Cheese & Onion Crisps	27.0	5.4
Golden Wonder	Rough Cuts Rock Salt Crisps	29.6	5.9
Golden Wonder	Rough Cuts Salt & Vinegar Crisps	27.7	5.5
Golden Wonder	Golden Lights Sour Cream & Onion Crisps	20.0	4.0
Golden Wonder	Golden Lights Sea Salt Crisps	20.4	4.1
Golden Wonder	Golden Lights Salt & Vinegar Crisps	19.8	4.0
PomBear	Ready Salted Crisps	28.0	5.6
PomBear	Cheese & Onion Crisps	28.0	5.6
PomBear	Salt & Vinegar Crisps	27.0	5.4
Hula Hoops	BBQ Beef Crisps	24.0	4.8
Hula Hoops	Ready Salted Crisps	24.0	4.8
Hula Hoops	Cheese & Onion Crisps	24.0	4.8
Hula Hoops	Salt & Vinegar Crisps	24.0	4.8
Hula Hoops	Puft Ready Salted Crisps	21.0	4.2
Hula Hoops	Puft Slat & Vinegar Crisps	20.0	4.0
Hula Hoops	Puft BBQ Beef Crisps	20.0	4.0
Hula Hoops	Puft Sweet Chilli Crisps	20.0	4.0
Hula Hoops	Flavourings Salt & Vinegar Crisps	36.0	7.2
Hula Hoops	Flavourings Spicy Crisps	36.0	7.2
Hula Hoops	Flavourings Crisps	36.0	7.2
McCoy's	Salt & Vinegar Crisps	31.0	6.2
McCoy's	Flame Grilled Stake Crisps	31.0	6.2
McCoy's	Cheddar & Onion Crisps	30.0	6.0
McCoy's	Salted Crisps	32.0	6.4
McCoy's	Paprika Crisps	30.0	6.0
McCoy's	Hot Mexican Chilli Crisps	30.0	6.0
McCoy's	Chip Shop Salted Crisps	26.0	5.2
McCoy's	Chip Shop Curry Sauce Crisps	26.0	5.2
McCoy's	Chip Shop Salt & Vinegar Crisps	25.0	5.0
Skips	Skips Tingly Prawn Cocktail Crisps	32.0	6.4
Nik Naks	Nik Naks Nice 'n' Spicy Crisps	36.0	7.2
Space Raiders	Space Raiders Beef Crisps	23.0	4.6
Space Raiders	Space Raiders Pickled Onion Crisps	23.0	4.6
Discos	Discos Salt & Vinegar Crisps	29.0	5.8
Doritos	Chilli Heatwave Tortilla Crisps	25.3	5.1
Doritos	Cool Original Tortilla Crisps	26.0	5.2
Doritos	Tangy Cheese Tortilla Crisps	26.3	5.3
Doritos	Lightly Salted Tortilla Crisps	23.4	4.7
Doritos	BBQ Rib Tortilla Crisps	25.6	5.1
Doritos	Hint Of Lime Tortilla Crisps	25.9	5.2
Doritos	Heatburst BBQ & Chilli Tortilla Crisps	24.6	4.9
Doritos	Roulette Tabasco Tortilla Crisps	26.6	5.3
Monster Munch	Pickled Onion Crisps	25.0	5.0
Monster Munch	Roast Beef Crisps	25.0	5.0
Monster Munch	Flamin' Hot Crisps	25.0	5.0

Seabrook	Crinkle Cut Sea Salted Crisps	30.4	6.1
Seabrook	Crinkle Cut Cheese & Onion Crisps	29.1	5.8
Seabrook	Crinkle Cut Prawn Cocktail Crisps	28.7	5.7
Seabrook	Crinkle Cut Salt & Vinegar Crisps	28.7	5.7
Seabrook	Crinkle Cut Beefy Flavour Crisps	28.7	5.7
Seabrook	Crinkle Cut Cream Cheese & Chives Crisps	28.8	5.8
Seabrook	Crinkle Cut Canadian Ham Crisps	28.7	5.7
Seabrook	Limited Edition Fiery Woodsmoked BBQ Crisps	28.9	5.8
Seabrook	Crinkle Cut Lamb & Mint Crisps	28.7	5.7
Seabrook	Lattice Sun Drenched Natural Sea Salt Crisps	35.5	7.1
Seabrook	Lattice Cheese & Onion Crisps	33.7	6.7
Cheetos	Puffs Cheese Crisps	33.0	6.6
Cheetos	Puffs Flamin' Hot Crisps	30.0	6.0
Smiths	Frazzles Crispy Bacon Crisps	22.7	4.5
Smiths	Chipsticks Salt 'n' Vinegar Crisps	23.0	4.6
Smiths	Snaps Spicy Tomato Crisps	26.4	5.3
Tyrells	Sea Salt & Cider Vinegar Crisps	25.9	5.2
Tyrells	Lightly Sea Salted Crisps	27.1	5.4
Tyrells	Sweet Chillu & Red Pepper Crisps	28.2	5.6
Tyrells	Mature Cheddar& Chive Crisps	29.1	5.8
Tyrells	Prawn Cocktail Crisps	28.0	5.6
Tyrells	Sea Salt & Black Pepper Crisps	27.2	5.4
Lorenz	Crunchips Paprika Crisps	33.0	6.6
Lorenz	Crunchips Salted Crisps	34.0	6.8
Lorenz	Crunchips Cheese & Onion Crisps	33.0	6.6
Lorenz	Crunchips Cheese Crisps	33.0	6.6
Lorenz	Crunchips Mild Cheese Crisps	34.0	6.8
Lorenz	Crunchips Barbecue Crisps	33.0	6.6
Lorenz	Crunchips Red Chilli Crisps	33.0	6.6
Lorenz	Crunchips Salt & Vinegar Crisps	33.0	6.6
Lorenz	Crunchips Ketchup Crisps	34.0	6.8
Lorenz	Crunchips Salted Light Crisps	22.0	4.4
Lorenz	Crunchips Sour Cream Light Crisps	22.0	4.4
Kettle	Lightly Salted Crisps	30.1	6.0
Kettle	Sea Salt & Balsamic Vinegar Crisps	28.9	5.8
Kettle	Sweet Chilli Crisps	28.4	5.7
Kettle	Mature Cheddar & Red Onion Crisps	28.9	5.8
Kettle	Sea Salt & Black Peppercorn Crisps	27.3	5.5
Kettle	Crispy Bacon Crisps	27.1	5.4
Kettle	Salt & Balsamic Vinegar Crisps	28.1	5.6
Kettle	Sour Cream & Onion Crisps	29.2	5.8
	Average	27.5	5.5

Brand	Product	Fat/100g	% Less*	Fat/20g	% Less*
Nairn's	Salt & Vinegar	8.5	-69%	1.7	-69%
Nairn's	Sour Cream & Onion	8.9	-68%	1.78	-68%
Nairn's	BBQ	9	-67%	1.8	-67%


